

Perkins County Senior Center News

March

420 Central Avenue
PO Box 314
Grant, NE 69140
308-352-4236 Grant

2026

Perkins County Public Transit 308-352-4597

www.pcsenior.org

pcsenior@gpcom.net

Executive Director:

Trish Jimenez

Kitchen Manager:

Dennis Boitnott

Kitchen Staff:

Hannah McGannon

Kelan Sis

Board Members:

Kris Jaques

Nancie Peterson

Marian Robertson

Joyce Hightower

Dan Wallin

Anne Kirkpatrick

Dennis Ekdahl

Bus Driver:

Kris Jaques

Ronda Hutt

Tom Willhite



The Perkins County Senior Centers are sponsored by West Central Area Agency on Aging, (WCAAA) which provides partial funding for meal programs and related activities. The Centers are a non-profit organization operating under a 501c3 tax exempt status. The purpose is to provide a nutritious meal and countless hours of activities and entertainment Monday ~ Friday 9 am to 4 pm. For persons 60 years of age and older the suggested contribution rate is \$6.00 per meal, guests under 60 will be charged \$8.00. Home delivery and carryout is calculated according, adding \$.50.

Thank you to the Local Businesses who Sponsor Perkins County Senior Centers

Grant

Adams Bank & Trust

Birthday Cakes - Grant

Grant Tribune Sentinel

Newspaper - Grant

Hatch's Super Foods

Kitchen Supplies - Grant
Donations for Fund Raisers

Elsie

Hi Line Coop

H & B Agency

Sisco Fertilizer

Elsie Feed Center

Sandhills State Bank

Pinnacle Bank

Eastern Sky

Midwest Electric

Venango

Venango Legion

Meal Site

Pinnacle Bank

Meal Site Rent

The Senior Center welcomes
the following donations:
Cake Mixes, Coffee, Fresh
Veggies, Paper Products and
any other food items that we
can serve.



Activity Calendar

March

March, 2026

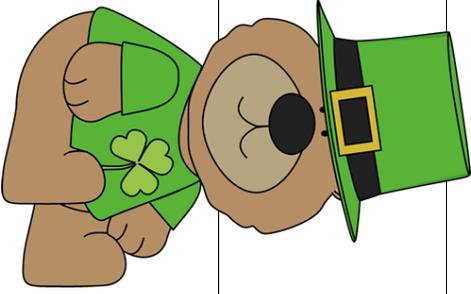
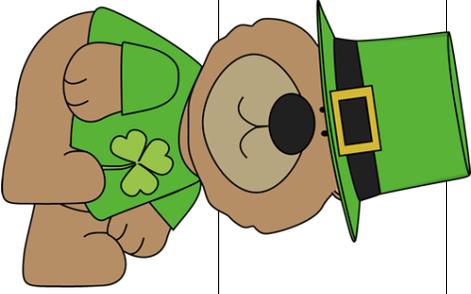
Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 8:30 Board Meeting 10:00 - Thrift Shoppe Mtg 1:00 - Card Party</p>	<p>3 10:00 - Bingocize 12:00 - Venango Meal</p>	<p>4 Rotary Program 12:30</p>	<p>5 10:00 - Bingocize</p>	<p>6 Bunco</p>
<p>9 1:00 - Card Party</p>	<p>10 10:00 - Bingocize 12:00 - Venango Meal</p>	<p>11 Rotary Program 12:30</p>	<p>12 10:00 - Bingocize 1:00 - Dollars & Cents of Shopping - UNL Ext (see pg. 5)</p>	<p>13 Birthday Dinner Bunco</p>
<p>16 1:00 - Card Party</p>	<p>17 10:00 - Bingocize 12:00 - Venango Meal 12:30 - BINGO</p>	<p>18 Rotary Program 12:30</p>	<p>19 10:00 - Bingocize</p>	<p>20 Anniversary Dinner Bunco</p>
<p>23 </p>	<p>24 10:00 - Bingocize 12:00 - Venango Meal</p>	<p>25 Rotary Program 12:30</p>	<p>26 10:00 - Bingocize</p>	<p>27 Bunco</p>
<p>30 </p>	<p>31 10:00 - Bingocize 12:00 - Venango Meal</p>	<p></p>	<p></p>	<p></p>

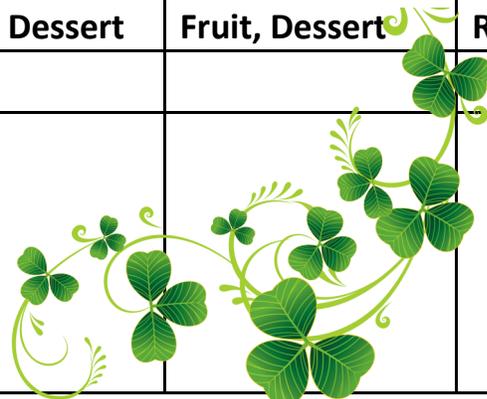
Grant Senior Center Menu

March, 2026

(Menu subject to change)

Venango meals will be served EVERY Tuesday

Mon 2	Tues 3	Weds 4	Thurs 5	Fri 6
White Chicken Chili Quesadilla Garden Salad Fruit Dessert	Turkey Meatballs Polenta Carrots Beets Fruit, Dessert	Meatloaf Mashed Potato Cauliflower Corn Fruit Roll, Dessert	Herb Roasted Chicken Rice Pilaf Veggie Medley Steamed Broc. Fruit, Dessert	Baked Cod w/ Parmesan Crust Lemon Risotto Wilted Spinach Garden Salad Pie
9	10	11	12	Birthday 13
Broc. Cheddar Soup Ruebens Garden Salad Fruit Dessert	Beef Pot Roast Roasted Potato Peas Beets Fruit, Roll Dessert	Chicken Florentine Rice Roasted Brussel Sprouts Salad, Fruit, Des	Quiche Lorraine Pasta Salad Veggie Medley Garden Salad Fruit Dessert	Fish Sandwich Tater Tots Broccoli Buttered Corn Fruit Birthday Cake
16	17	18	19	Anniversary 20
Tomato Basil Soup Grilled Cheese w/Bacon Garden Salad Fruit, Dessert	Corned Beef Cabbage Potatoes Garden Salad Fruit, Roll Dessert	Pulled Pork Mac & Cheese Creamed Peas Green Beans Fruit Dessert	Fried Chicken & Waffles Stewed Tomato Spinach Fruit Dessert	Cod Cakes Rice Pilaf Sauteed Cabbage Garden Salad Fruit Anniversary Cake
23	24	25	26	27
Tuscan White Bean Soup Italian Meatball Hoagie Salad, Fruit Dessert	Taco Bar Refried Beans Garden Salad Fruit Dessert	Chicken Fried Steak Mashed Potato Mixed Veggies Beets, Fruit Biscuit, Dessert	Chicken Parmesan Linguini Steamed Broc. Stewed Zucchini Fruit, Dessert	Roasted Salmon German Potato Salad Brussel Sprouts Sauerkraut, Fruit Roll, Dessert
30	31			
Corn Chowder Turkey & Swiss Wrap Garden Salad Fruit Dessert	Goulash Corn Spinach Fruit Roll Dessert			



Meals are served daily from 11:00 am - 1:00 pm Under 60 - \$8.00 Delivered/Carryout - \$8.50
 Suggested Contribution 60+ or spouse - \$6.00 Delivered/Carryout - \$6.50
 Reservations are requested. Those who don't call in a reservation may receive a menu substitute

Dollars & Cents of Shopping

March 12, 2026 - 1:00 PM

Perkins County Senior Center

420 Central Avenue

Grant, NE

- Learn tips to use when shopping.
- What's most important?
- What to Read & Not!
- Make it fast.
- What's in season?
- Food labels and more...



Nebraska Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

States Department of Agriculture.

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

N
EXTENSION

March Birthdays

2nd
3rd
8th
11th
12th
13th
15th

Jonie Johnson
Yvonne Hermann
Steve Rogers
Norma Hamm
Rod Cornelius
Joanne Keuten
Darlene Hastings
Pennie Reese

18th
19th
20th
21st
24th
25th

Kathy Salsman
Nancy White
Doris Olsen
Marsha Bruntz
Rosalie Curtis
Dennis Ekdahl
Dennis Boitnott



Anyone who is celebrating a Birthday in March is invited to join us for a FREE lunch and Birthday Cake on Friday, March 13th



The Thrift Shop is

OPEN

Business Hours are:

Monday - CLOSED

Tuesday - Friday - 9am - 4pm

Saturday, March 7th - 9am - 1pm

\$5.00 BAG SALE through March 12th

The Thrift Shoppe will be CLOSED March 13th

through the 17th for Seasonal Changeover



January Volunteers

WE COULDN'T DO IT WITHOUT YOU!! GREAT JOB!!

Senior Center



That's a Total of
346.75 Volunteer Hours
in the Month of
January!

Thrift Shoppe

Cindy Salsman	30 Hours
Ronda Lawyer	30 Hours
Anne Kirkpatrick	24.5 Hours
Diana Tate	21.5 Hours
Alice Tines	19.5 Hours
Bob Tatum	17.5 Hours
DeeAnn Tatum	17.5 Hours
Josie Hughes	15 Hours
Mary Kay McClenahan	14 Hours
JoLynn Moffett	14 Hours
Marcia Shalla	14 Hours
Roxie Lampmann	14 Hours
Rubydell Bogaert	14 Hours
Doris Olsen	13.5 Hours
Andreina Marquez	13 Hours
Deb Hansen	12.5 Hours
Jill Grable	10.5 Hours
Linda Chillemi	9.75 Hours

Linda Hidalgo	8.5 Hours
Connie McClenahan	8 Hours
Patty Clough	8 Hours
Kay-Leigh Booyesen	6.5 Hours
Tina Zajch	5.5 Hours
Paula Jimenez	3.5 Hours
Bernie DeForest	1 Hour
Dee Grantham	1 Hour



St. Patrick's Day Word Search Puzzle

H T F P B V O N W C X A N A I N R E B I H Z S K
 G G D V O K O T O I V Q Z R B P T G P Q B O A Z
 A F E B W S J K B L E N K N F N Y M A J N D U X
 L Q U U K K P T N E O K L F B Y C C A C Q Z O N
 E N E E R G U P I A E C E O K G B A G P I P E Q
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 U Y R R E J M K S N Z G Y A X D Z T J L D G H C
 K R T Q L P U Z E U G O R B L U A W T S D R L K
 K O O R B Y E N N O D F D B F T S F U I G I A P

donneybrook
 shillelagh
 leprechaun
 trifolium
 tradition
 potofgold
 stpatrick
 hibernian
 celebrate
 goodluck
 rainbow
 ireland
 holiday
 emerald
 blarney
 banshee
 bagpipe
 legend
 gaelic
 dublin
 clover
 celtic
 brogue
 snake
 magic
 irish
 green
 luck
 harp
 gold



Mark your calendar!!
Card Party will be held
at 1pm on Monday
March 2nd & 16th
Everyone is invited!!

BUNCO

Every Friday before
lunch!!

Join in on the Fun!!



BINGO!!
Tuesday, March 17th
@ 12:30 pm

Fun and FREE!!



What Do We Eat Now?

Early in 2026 the United States USDA and the Trump Administration introduced new food guidelines for Americans. With this announcement came a new picture to guide food consumption. Really the foods that we eat have not changed, they have just moved around in the graphic that guides are diets.

Prioritize Protein – Thrive to eat high quality, nutrient-dense proteins with every meal. This includes animal sources, including eggs, poultry, seafood, and red meat, in addition to plant-sourced protein foods such as beans, peas, lentils, legumes, nuts, seeds, and soy.

Avoid Highly Processed Foods – This means to eat less processed packaged, prepared, ready-to-eat foods and especially those with increased sodium and sugar content.

Avoid Added Sugars – There is no amount of added sugars or non-nutritive sweeteners recommended or considered part of a healthy or nutritious diet.

Healthy Fats – Receive most of your daily fat from whole food sources, such as meats, poultry, eggs, omega rich seafood, nuts, seeds, whole dairy products, olives, and avocados. The same when adding fats when cooking, use the most nutrient dense natural options, like olive oil.

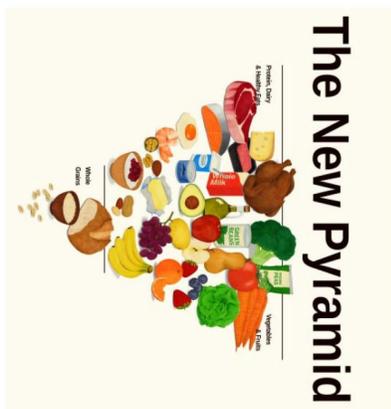
Whole Grains – Prioritize fiber-rich whole grains. Reduce consumption of highly processed, refined carbohydrates such as white bread, ready-to-eat or packaged breakfast foods, flour tortillas and crackers.

So, what is recommended has not changed from five years ago but the picture that guides us has. We need to continue to strive for a healthy lifestyle full of whole foods. This means reading food labels at the supermarket is more important than ever. This nationwide announcement has been heard by all major food manufacturers and thus foods at the supermarket will be getting an up-grade as well.

Source: <https://realfood.gov>

The University of Nebraska does not discriminate based upon any protected status.

Please see <https://go.unl.edu/nondiscrimination>



VENANGO

Join us every Tuesday at 12:00 noon
at the Legion Hall for Senior Meal.

(Carry out available)

Please RSVP by the Monday prior by
calling the Center at 308-352-4236

Thank You.

HELP WANTED

Volunteers are extremely important to the success of the Perkins County Senior Center/Thrift Shoppe and we are in dire need of generous individuals who are willing to donate their time and talents to the organization.

We are currently in desperate need of volunteers to work in the Thrift Shoppe.

If you or anyone you know might be interested in learning more about the volunteer opportunities available at the Senior Center or Thrift Shoppe, please stop in at 420 Central Avenue or contact us at 308-352-4236. We'd love to visit with you about becoming a Volunteer!!

